

# Appendix E

## SAMPLE – Student Data Collection Form

### 2007 Physical Fitness Test

This form is for your convenience in collecting data for electronic submission. Please do not send this form to the state PFT contractor.

Student Name: \_\_\_\_\_ Test Date: \_\_\_\_\_ Statewide Student ID (SSID): \_\_\_\_\_

#### I. STUDENT DEMOGRAPHICS – Fill in all information whether student has tested or not.

- A. County-District-School Code** \_\_\_\_\_ – \_\_\_\_\_ – \_\_\_\_\_
- B. School District Name:** \_\_\_\_\_
- C. School Name:** \_\_\_\_\_
- D. Charter School Number:** \_\_\_\_\_ ('0000' for dependent charters or non-charter schools)
- E. Grade:** \_\_\_\_\_ (5, 7, or 9)
- F. Date of Birth (required):** \_\_\_\_\_ (mm/dd/yyyy)
- G. Gender (required):** \_\_\_\_\_ (M/F)
- H. Ethnicity:** \_\_\_\_\_ (enter ethnicity code from Table 1)

#### I. Reason for Incomplete Data – Check one of the boxes and choose one of the following reasons:

- ☐ **Student not tested** ☐ **Student with partial data**
- \_\_\_\_\_ Absent on test date and all make-up sessions \_\_\_\_\_ Extraordinary circumstances
- \_\_\_\_\_ Waiver granted \_\_\_\_\_ Medical excuse
- \_\_\_\_\_ Individualized education program (IEP)/Disabilities

★ ★ ★ ★ ★ ★ ★ ★ *Continue to Section II if student has tested or partially tested.* ★ ★ ★ ★ ★ ★ ★ ★

#### II. INDIVIDUAL STUDENT SCORES – Fill in all applicable data for each item below.

##### A. Aerobic Capacity (select one)

- 1) PACER\* (20 meter) (# of laps) \_\_\_\_\_ 2) Mile Walk/Run \_\_\_\_\_ Min. \_\_\_\_\_ Sec. 3) Walk Test \_\_\_\_\_ Min. \_\_\_\_\_ Sec. Heart Beats \_\_\_\_\_ (# of beats in 15 sec.) Weight (lbs.) \_\_\_\_\_

##### B. Body Composition (select one)

- 1) Skinfold Measurement Triceps (mm) \_\_\_\_\_ Calf (mm) \_\_\_\_\_ 2) Body Mass Index Height (ft., in.) \_\_\_\_\_ Weight (lbs.) \_\_\_\_\_ 3) Bioelectric Impedance/ Automated Skinfold Caliper % Body Fat \_\_\_\_\_

##### C. Abdominal Strength

Abdominal Curl-Ups \_\_\_\_\_ (# of curl-ups. Not to exceed 75.)

##### D. Trunk Strength

Trunk Lift \_\_\_\_\_ (# of inches. Not to exceed 12 in.)

##### E. Upper Body Strength (select one)

- 1) Push-Ups (# of push-ups) \_\_\_\_\_ 2) Modified Pull-Ups (# of pull-ups) \_\_\_\_\_ 3) Flexed-Arm Hang (# of seconds) \_\_\_\_\_

##### F. Flexibility (select one)

- 1) Back-Saver Sit and Reach Left Side \_\_\_\_\_ (# of inches. Not to exceed 12 in.) Right Side \_\_\_\_\_
- 2) Shoulder Stretch (Yes if student is able to touch fingertips./No if student is not able to touch fingertips.) Left Side \_\_\_\_\_ (Yes/No) Right Side \_\_\_\_\_ (Yes/No)

\* NOTE: If the 15-meter PACER is administered, these scores must be converted to 20-meter scores. The conversion table can be found at <http://www.fitnessgram.net/>.

# Appendix E (Continued)

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**TABLE 1 – Values for Ethnicity**

100 – American Indian or Alaskan Native	302 – Guamanian
201 – Chinese	303 – Samoan
202 – Japanese	304 – Tahitian
203 – Korean	399 – Other Pacific Islander
204 – Vietnamese	400 – Filipino
205 – Asian Indian	500 – Hispanic or Latino
206 – Laotian	600 – African American or Black (not of Hispanic origin)
207 – Cambodian	700 – White (not of Hispanic origin)
299 – Other Asian	999 – Declined to state
301 – Native Hawaiian	